



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 14013, Alcoholic beverage, beer, light, low carb

Report Date: May 24, 2017 00:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	95.40	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Energy	kcal	27	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Energy	kJ	112	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Protein	g	0.17	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Ash	g	0.06	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carbohydrate, by difference	g	0.73	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Fructose	g	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Starch	g	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Minerals													
Calcium, Ca	mg	4	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Magnesium, Mg	mg	4	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Phosphorus, P	mg	8	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Potassium, K	mg	17	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Zinc, Zn	mg	0.01	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Copper, Cu	mg	0.002	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Manganese, Mn	mg	0.005	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Selenium, Se	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Niacin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, total	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
14:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
16:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
18:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2004
Amino Acids													
Other													
Alcohol, ethyl	g	3.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015